

# West African 'Peanut' Stew

## Ingredients

1 brown onion  
 800g sweet potato  
 1 large carrot  
 2 stalks celery  
 3 Tbs tomato paste  
 400g tin diced tomatoes  
 ½ cup sunflower seed butter  
 750ml water  
 1 tsp vegetable stock  
 1 bunch spinach/ silverbeet  
 1 Tbs lemon juice  
 2 spring onion  
 Large handful coriander  
 Salt and pepper  
 Oil

## Paste

4 large garlic cloves  
 3cm piece ginger  
 1tsp paprika  
 2 tsp ground cumin  
 1 tsp ground turmeric  
 2 tsp ground coriander  
 1 tsp garam masala  
 1 medium chilli



## What to do:

- 1) **To make the paste.** Peel the garlic and ginger. Roughly chop the garlic, sprinkle with salt and use a fork to smash it into to a paste
- 2) Finely grate the ginger
- 3) Remove the seeds and pith from the chilli and finely chop
- 4) Combine garlic, ginger, chilli, paprika, cumin, coriander, turmeric, garam masala into a small bowl and mix together. Set aside
- 5) Peel and finely chop the onion
- 6) Wash the celery, remove the leaves and slice
- 7) Peel the carrot, chop it into four long sticks and dice
- 8) Wash the spring onion. Chop off and discard the roots. Finely slice. Put the green pieces in a small bowl and set aside for later
- 9) Heat 2-3 Tbs oil in a large pot over medium-high heat. Add the onion, celery, carrot and white part of the spring onion. Cook stirring for 5 minutes
- 10) Reduce the heat to medium-low and add the garlic, ginger and spice paste. Cook off the paste for 5 minutes, being careful not to burn. Add more oil if the paste sticks to the pan
- 11) Peel the sweet potatoes. Wash. Dice into 2cm pieces
- 12) Add the sweet potato and tomato paste to the pot and mix well
- 13) Add the tin tomatoes, water, stock powder and sunflower seed butter. Season with salt and pepper. Mix well. Cover with a lid, turn up the heat and bring to the boil
- 14) When boiling, reduce the heat and simmer, partially covered, for 25 minutes until the sweet potato is cooked and soft. Stir occasionally
- 15) Wash the silverbeet, kale and coriander
- 16) Remove the silverbeet and kale leaves off the stems. Discard the stems. Roll the leaves into a ball and thinly shred
- 17) Pick off the coriander leaves and roughly chop
- 18) When the sweet potato is soft, take the pot off the heat. Stir in the kale, silverbeet, green spring onion and lemon juice. Sit for 5 minutes
- 19) Serve the stew garnished with coriander
- 20) Enjoy

**NOTE:** If there are no allergies, smooth peanut butter or any other nut butter can be used.  
 1 to 1 ½ Tbs of curry powder can be used in the paste instead of all the dry spices.  
 If the stew is too thick, add more water while sweet potato is cooking

## Whole School Project

# Spoonville Village

During Week 7's assembly, Rachel introduced a whole school project. Findon Primary's Spoonville.

*Spoonville involves creating colourful wooden spoon people and planting them in villages where people can see them on their daily walks. It's a great way for communities to stay connected and gives children a fun and creative way to cope with COVID-19 lockdown.*



**SPONVILLE RULES**

- Place your spoony person during your daily exercise
- Make sure bits don't blow off your spoony person - we don't want to litter!
- Spoonies aren't keen on dogs - dogs please stay back!
- Come and see the spoony people but don't stay long and no touching!
- Make sure spoony people can take the rain - nail varnish is good for our faces.
- Legs and arms can be sticks from the garden.



All you have to do is decorate your spoon and drop it into school when you are next out and about. Your spoon character will be added to Findon Primary's Spoonville Village.

Have Fun. Be Creative 😊